

Mon, Oct 2 Roast Pork with Mushroom Gravy / Red Potatoes Pineapple / Spinach Whole Wheat Bread Cookie / Milk DB – Unfrosted Cake	Tues, Oct 3 Ham / Green Beans / Au Gratin Potatoes / Fresh Fruit / Bread / Pudding Milk	Wed, Oct 4 Meatloaf with Gravy Whipped Potatoes / Peas Stewed Tomatoes / Whole Wheat Bread / Jello Fruit Salad / Milk	Thurs, Oct 5 Chicken Chow Mein Noodles / Fresh Fruit Whole Wheat Bread Pudding / Milk	Fri, Oct 6 Salisbury Steak with Gravy Whipped Potatoes Applesauce / Corn / Whole Wheat Bread / Cookie Milk
Mon, Oct 9 Beef Tips with Gravy / Red Potatoes / Broccoli / Beets Whole Wheat Bread / Fresh Fruit / Milk	Tues, Oct 10 Meatballs / Marinara Sauce Potatoes / Green Beans Mixed Fruit / Bread / Milk	Wed, Oct 11 Chicken Chili / Shredded Cheese / Carrots / Fresh Fruit / Corn Bread / Apple Crisp / Milk DB – Canned Fruit	Thurs, Oct 12 BBQ Rib Patty / Cole Slaw Baked Beans / Bun Apricots / Milk	Fri, Oct 13 Roast Beef with Gravy Garlic Mashed Potatoes Fresh Fruit / Cheesy Cauliflower / Whole Wheat Bread / Cookie / Milk
Mon, Oct 16 Veal with Gravy / Brown Rice / Pea Salad / Stewed Tomatoes / Whole Wheat Bread / Pudding / Milk	Tues, Oct 17 Ranch Beef Stew / Mixed Greens with Dressing Biscuit / Peaches / Milk	Wed, Oct 18 Turkey with Gravy / Yams Capri Blend / Applesauce Whole Wheat Bread / Fresh Baked Cookie / Milk	Thurs, Oct 19 Chicken Broccoli / Rice Fresh Fruit / Whole Wheat Bread / Pudding / Milk	Fri, Oct 20 Spaghetti Meat Sauce Cheese / Pasta / Pears Corn / Bread Stick / Jello Fruit Salad / Milk
Mon, Oct 23 Ham with Raisin Sauce Au Gratin Potatoes / Green Beans / Whole Wheat Bread / Stewed Tomatoes Brownie / Milk / DB - Cookie	Tues, Oct 24 Beef (Taco) / Cheese Mexican Rice / Refried Beans / Fiesta Vegetables (MOW) / Lettuce & Sour Cream & Salsa (Cong) Fresh Fruit / Flour Tortilla Milk	Wed, Oct 25 Chicken Patty with Cheese Potato Salad / Mixed Fruit Pudding / Bun / Milk	Thurs, Oct 26 Meatloaf with Gravy Whipped Potatoes / Spinach / Fresh Fruit Bread / Cookie / Milk	Fri, Oct 27 Honey Baked Chicken Red Potatoes / Cheesy Broccoli / Apricots / Whole Wheat Bread / Ice Cream (Cong) / Cake (MOW) Milk / DB – Unfrosted Cake
Mon, Oct 30 Roast Beef Au Jus / Three Bean Salad (MOW) Tomato Soup (Cong) Pineapple / Bun / Fresh Baked Cookie / Milk	Tues, Oct 31 Honey Glazed Pork / Yams Carrots / Peas / Whole Wheat Bread / Halloween Sweet / Milk <i>Happy Halloween</i>		<p style="text-align: center;"><i>October 2006</i></p> <p><u>Please make Reservations / Cancellations at least two days in advance.</u></p> <p>Bountiful - Golden Years - 295-3479 Kaysville - Autumn Glow - 544-1235 Clearfield - Heritage Center - 773-7065 <i>Lunch served at 11:30. Donation of \$2.50 requested.</i></p>	